

**CLAIMS**

1. Method of producing a bending-resistant, elongated body (1), preferably a shaft or beam, characterized in that an elongated blank is produced having at least one cavity (2, 2a) extending essentially along the entire length of the blank, the inner surface of which cavity is at a distance from the mass centre of the blank seen in a section at right angles to its longitudinal axis and that in the cavity (2, 2a) a fibre composite body (3, 3a) is affixed with an outer surface essentially congruent with the inner surface of the cavity, and that the majority of the fibres in the fibre composite body (3, 3a) both extend essentially parallel to the longitudinal axis of the elongated blank and are elongated along the whole of its length.
2. Method according to claim 1, characterized in that the fibre composite body (3, 3a) is affixed in the cavity (2, 2a) by gluing.
3. Method according to claim 1, characterized in that the fibre composite body (3, 3a) is affixed in the cavity (2, 2a) by shrinking.
4. Method according to claim 2, characterized in that an epoxy-, acrylic-, polyurethane- or phenolic-resin-based adhesive is used for gluing.
5. Method according to any of the preceding claims, characterized in that fibre material in a plastic matrix, preferably carbon fibre in an epoxide matrix, is used as a fibre composite body (3, 3a).
6. Method according to any of the preceding claims, characterized in that the blank is provided with a number of longitudinal cavities (2, 2a), which are arranged with equal pitch, symmetrically around the mass centre of the blank seen in a section at right angles to its longitudinal axis.
7. Arrangement for a bending-resistant, elongated body (1), preferably a shaft or beam, characterized in that the elongated body (1) has at least one cavity (2, 2a) extending essentially along the whole of its length, the inner surface of which cavity is at a distance from the body's mass centre seen in a section at right angles to its longitudinal axis and that affixed in the cavity (2, 2a) is a fibre composite body (3, 3a) with an outer surface which is essentially congruent with the inner surface of the cavity, and that the majority of the fibres

in the fibre composite body (3, 3a) both extend essentially parallel to the longitudinal axis of the elongated body and are elongated along the whole of its length.

8. Arrangement according to claim 7, characterized in that the fibre composite body (3, 3a) consists of fibre material in a plastic matrix, preferably carbon fibre in an epoxide matrix.

9. Arrangement according to claim 7 or 8, characterized in that the outer surface of the fibre composite body is joined to the inner surface of the cavity by means of an adhesive.

10. Arrangement according to claim 9, characterized in that the adhesive is epoxy-, acrylic-, polyurethane- or phenolic-resin-based.

11. Arrangement according to claim 7 or 8, characterized in that the outer surface of the fibre composite body is joined to the inner surface of the cavity by shrinking.

12. Arrangement according to any of the preceding claims, characterized in that the elongated body (1) with longitudinal cavities comprises an injection moulded profile beam or a tube.

20. 13. Arrangement according to any of the preceding claims, characterized in that the elongated body (1) has a number of longitudinal cavities (2, 2a) distributed with an equal pitch symmetrically around its mass centre seen in a section at right angles to its longitudinal axis.